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Trashball

Overview

Trashball is a training game that can be used to improve performance in a number of physical qualities. Coaches can train many athletes at the same time in a fun and competitive atmosphere. Some of the primary fitness aspects trained by playing trashball include running and jumping abilities, hand-eye coordination, game strategy, general physical condition, and the ability to see plays develop.

What You Need

- 1.) Ball – Any type will do
- 2.) Two Clean Trash Cans
- 3.) Cones
- 4.) Two Teams
- 5.) Gymnasium or Field

How Trashball Is Played

The objective of trashball is to have your team score by shooting/throwing a ball into a basket (a clean trash can works well) that is surrounded by cones, while not letting the opposing team score in your basket. Players are not allowed to enter the ring of cones in order to throw the ball into the basket, and the area of the cones can be expanded or contracted based upon the skill level of the participants. Each team has their own basket to score in, located on either end of a field or gym. You can choose to have the athletes bounce the ball (with dribbling rules similar to basketball), run with the ball, or pass the ball only (as in Ultimate Frisbee). If the ball or athlete goes out of bounds, then possession of the ball changes. Depending on the rules described later, possession can also change for other reasons. Team can play with any number of athletes on the gym or field, and this can change with size of the playing surface. Keep in mind that too many athletes will slow the number of good possessions and reduce the speed of the game.

It is much more effective to have two smaller games going on at once than one larger game that moves more slowly.

Key Rules For Fast-Paced Version

The rules can be adjusted for your needs, but if you are looking for a more fast-paced version, you can add the following rules.

You can choose to not allow the ball to touch the playing surface at anytime. This way, the athletes must run or pass the ball down the gym or field. If the ball hits the ground, possession is turned over to the opposing team. If the offensive player is touched by a defender while possessing the ball, the ball is also turned over at that point.

You can also choose to limit the number of steps an athlete can take while carrying the ball to between three and five. This increases the amount of passing and speed/agility of running. If you are using this particular rule, however, you may want to eliminate the touch-turnover rule as described above. Have fun!

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